

Consumption

HOW TO KEEP FROM GETTING IT
HOW TO KEEP FROM GIVING IT

DON'T SPIT



You are breaking the law of the city if
you spit on the sidewalk or in a public
place and are therefore liable to arrest.

ISSUED BY THE

TUBERCULOSIS CLINIC

OF THE

San Francisco Association for the Study and Pre-
vention of Tuberculosis

162 POST STREET



RULES

FOR

PATIENTS WITH TUBERCULOSIS

OBJECT: (1) To teach patients how to prevent others from taking the disease; and (2) the means necessary to be used to recover their own health.

The saliva in your mouth and the sputum, which is the matter you cough up, is a **deadly poison**, as it contains millions of tuberculosis germs.

You have this disease because some one has allowed this poison to be scattered in the air by spitting on the sidewalks and in the gutters, or by allowing the poison to come in contact with some article that you have used.

You do not want to cause any one else the suffering some selfish or ignorant person has caused you, neither do you want to repoint yourself.

HOW TO PREVENT THIS.

Disposal of Sputum:

Always spit into a paper or paper sputum cup, as it may be burned. Paper napkins are recommended for the house on account of their cheapness and convenience, and paper sputum cups for the street. Paper bags should be used to receive the napkins.

Always close the bag tightly to prevent flies from lighting on the contents.

Always wipe your mouth with a paper, as it may be burned.

Always burn the sputum cups and paper napkins soon after use.

Always protect your hands from the sputum, as the proper cleansing of the hands after the contact is a very difficult process.

Always wash your hands after handling the napkins.

Always brush your teeth in the morning and before going to bed.

DON'TS.

Don't spit on the sidewalk, into the gutter or the street, nor anywhere at any time, except into the paper napkins or paper sputum cups, which must be **burned** in order to destroy the germs.

There would be no consumption if this rule were never broken.

To spit, except into a proper vessel is to commit a nuisance. The well person, if he spits, spits needlessly. He is therefore filthy and should be punished.

The person who has to spit has some disease of his respiratory tract, and has no right to endanger his fellow beings by disposing of his sputum where others can contract disease from it.

Don't use another person's toilet articles, such as towel, soap, razor, comb and brush, and **don't** let anyone else use yours.

Don't use the household dishes, but have your own drinking glass, coffee cup, plate, knife, fork, and spoon.

Don't wash your dishes with the family dishes, but separately, always rinsing them with boiling water.

Don't leave any food on your plate, but burn it. It is liable to be fed to animals, who may contract the disease.

Don't patronize saloons. You not only carry the disease directly to others, as the glasses are only rinsed in cold water, but by drinking alcoholic beverages you are destroying your chances of recovery.

Don't kiss or shake hands with anyone. Show your affection by protecting those you love from this common mode of contact with tuberculosis germs.

Don't wear a mustache or beard, as it is impossible to keep them free from the poisonous germs.

Don't cough without placing a paper napkin over your mouth, as drops of sputum will otherwise be scattered in the air.

Don't cough if you can help it. It is easy to form the habit of coughing unless you use will power to prevent it.

Don't swallow the sputum, as it will re-poison you.

Don't keep soiled handkerchiefs in your pockets.

Don't eat without first using a mouth wash.

Don't place your laundry with that of the family. Dip it in a tub of water mixed with four tablespoonsful of chloride of lime; then rinse and boil for twenty minutes before letting any one wash the clothes.

Don't have carpets or draperies in your living rooms, as they form very perfect germ-catchers.

Don't dry-sweep your room, as the dust will poison your family and re-poison you. The proper method of cleaning the floor is to mop it with strong soap-suds and then wash with a disinfectant solution.

Don't sleep in a room with anyone else, as the person who sleeps with you will not have more than one chance in a hundred of escaping from your disease, and as that

person will use up the air that you need for your own lungs.

Don't take any medicine unless prescribed by a regular physician, as it will only upset your stomach and retard your recovery.

Don't fail to report to the Tuberculosis Clinic when directed, and oftener if bad symptoms develop.

HOW TO GET WELL.

Place yourself in the care of a physician who has a real interest in the treatment of tuberculosis patients. If you cannot afford to pay for medical care, go to the Tuberculosis Clinic.

SOME OF THE THINGS YOUR PHYSICIAN WILL INSIST UPON:

(1) **That you breathe pure air twenty-four hours in the day.** As you cannot possibly find it either in a small or sunless room, or one with but few windows in it, he will require you to sleep out of doors where none of these great obstacles to your recovery exist.

(2) **That you take a sponge bath daily,** if your strength will permit it, in order to allow the waste from your body to have ready outlet, and also to stimulate your circulation.

(3) **That you rest** when your body demands it, which will be when you are tired, have fever and sweats, and when other unfavorable symptoms develop.

(4) **That you have an abundance of nutritious food** containing a generous amount of fats, such as butter, cream and sweet oil, with plenty of milk and eggs.

(5) **That you remember** the fact that tuberculosis is curable if taken in time by following a physician's instructions in every particular.

TUBERCULOSIS CLINIC
1734 STOCKTON ST., Near FILBERT

HOURS:

Monday	} 8:30 to 10 A. M.
Thursday	
Saturday	